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US ON BODY-RUB
PARLOURS **PAGE 12-13**

A push-up a day to keep the doctor away

Olympian schools kids on health:
60 mins. x 45 days = 100% **PAGE 5**

No offence to the D ...

Halifax Mooseheads' offence is
shining in the QMJHL playoffs
and so is its defence **PAGE 24**

Teens facing 'extraordinary' charges



Doreze Marvin Beals leaving Dartmouth provincial courthouse on Monday. CONTRIBUTED

North Preston. Police say girl allegedly held captive and assaulted for days was likely going to be forced into prostitution



RUTH DAVENPORT
ruth.davenport@metronews.ca

The head of the Halifax integrated vice unit says the case involving two young men and a laundry list of criminal charges is one that makes cops "stand back and take note."

Doreze Marvin Beals and Andre Jerome Gray appeared in Dartmouth provincial court Monday, facing charges that include human trafficking, kidnapping, sexual assault and gang sexual assault.

The two 18-year-olds were arrested after RCMP say a 15-year-old girl was held against her will in a North Preston home and sexually assaulted.

Det. Andrew Matthews said the number and gravity

of the charges is "extraordinary."

"Those are not your run-of-the-mill charges," he said. "We take them very seriously."

Police were called to North Preston for reports of shots fired at a home on Clarence Street just before 9 p.m. April 10. They found the young victim, who told police she'd been held in the basement of another home on the street for two days before she'd escaped.

One of the two suspects was arrested in the area Thursday evening. The second was arrested later in Windsor.

Matthews said in 14 years as a police officer, he's never seen the charge of gang sexual assault.

He said investigators are considering the possibility the girl was going to be

forced into prostitution.

"That is one of the elements of the human trafficking (charge)," he said, adding it's possible the two accused weren't acting alone.

"I think due to the nature of the charges, with human trafficking, I think police have to look at the possibility that there is a network involved."

Matthews said it's very early in the investigation, and it's not clear whether more charges will be laid.

"We're going to be talking to people that may or may not have involvement as witnesses or suspects, and that's yet to be determined," he said. "This could take many weeks to wrap up.... We have to be very thorough."

Matthews said one of the most striking aspects of the case is the young age of not only the victim, but the two accused as well.

"That's tragic too," he said. "It's one of those (cases) that police officers, no matter how much time they have on (the force), they stand back and take note."

Follow Ruth Davenport on
Twitter @cncnvenienttruth



In court

Doreze Marvin Beals and Andre Jerome Gray are scheduled to appear in Dartmouth provincial court on Wednesday morning for a bail hearing.

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Rural transit program clears the first hurdle

But can it keep up the pace? Grants Committee members fear funding won't be nearly enough



RUTH DAVENPORT
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HRM is one step closer to a funding framework for community-run rural transit services, but city staffers are being asked to find a lot more funding.

The proposed framework for the Rural Transit Fund-

ing Program will pay eligible organizations 50 cents per in-service vehicle kilometre logged every year, and an additional \$5,000 or \$10,000, depending on the level of service the organization provides.

However, members of the Grants Committee said Monday that the funding source — roughly \$24,000 per year from residential parking permits — would barely cover the two existing rural transit programs in HRM.

"That pool of funding is going to dry up really quickly, and people aren't going to get that 50 cents a kilometre,"

Low fuel



"I'm absolutely thrilled we now have a policy and process for rural transit ... but the pool of money here is going to go really quickly."

Coun. Barry Dalrymple

said committee member Kate Watson. "Or once we get a few more services, they're not going to get their \$10,000, is my fear."

Coun. David Hendsbee said other funding sources — such as the \$2 million allocated to Metro Transit by the provincial government in the recent

budget — should be explored.

"I personally think this should be from our regional transportation tax," said Hendsbee. "Our tax base is out there for regional transportation infrastructure, be it ferries, Metro X, Metro Link or Park and Ride terminals."

The committee is recom-

mending that regional council approve the framework but asked staff to investigate other funding sources.

"Nobody ever thinks it's enough, but it's a start, and maybe we can find some funding sources and bump it up," said Coun. Barry Dalrymple.

Council asked city staff to develop a funding framework and evaluation criteria after MusGo Rider made a funding request for \$10,000 in August 2012.

MusGo and BayRides, which will launch a pilot service in 2015, are currently the only community-based rural transit programs in HRM.



Buses take over for busted ferry

Ferry service was disrupted for several hours on Monday morning between Halifax and Dartmouth on the Alderney Landing route after a fuel-pump failure on the Halifax III ferry, pictured here. Metro Transit bus shuttles were set up to drive commuters while workers got the ferry back in ship-shape. MITCH WARD/FOR METRO

Goodbye, frost, and hello, filth. Spring cleanup now underway in HRM

Municipal crews have begun the annual spring cleanup of HRM's sidewalks, streets and parks.

According to a release, Public Works employees will begin by picking up litter and washing down sidewalks in the core areas of Halifax, Dartmouth and Bedford, then expanding out from there.

The release states that street sweeping will begin in "full force" on any streets where snowbanks have fully melted. Residents are urged to find off-street parking on any day that street cleaners are scheduled to be in their neighbourhood.

Parks and wreck

450

HRM crews will also clean up winter debris from HRM's 450 parks.

Service days will be posted on street parking signs.

Residents are also asked to help out by cleaning up litter around their property. Any turf or curb damage revealed by the melting snow can be reported by calling 311 or filling out an online service report at apps.halifax.ca/311.

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1 NEWS

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Sudden closure of daycare leaves dozens of families out to dry

The province says it's trying to help dozens of families find placements for almost 50 children who are now without a daycare after the owners of the Cobequid Children's Centre in Lower Sackville abruptly closed their doors.

Both staff and parents reportedly arrived on Monday morning to find the front doors to the daycare locked with no explanation.

"We really only know what the parents know at this time," said Shelly

No time to prepare

120

the number of days daycare operators are to give notice before closing under provincial law

Thompson, the acting director of Early Childhood Development services in Nova Scotia. "We haven't been able to get in touch with the operators."

Consultants with the department have been col-

lecting information from the estimated 50 families that were affected, and from other local daycares, to find placements for the children.

"Our first priority right now is to help families who have young children, who had care, to find alternate care," said Thompson.

She added that the department has gone to the centre to post a notice and a phone number for families to call. That number is 902-424-6679.

MITCH WARD/FOR METRO

Mother angry police didn't tell her about son's suicide attempt

Deborah Fong knew something was wrong when she went to wake her son for his morning paper route and he wasn't in the house.

"So I called the police station and they said he'd be in court later in the day," said Fong, who spent Friday at the Sydney Justice Centre but never saw her son.

She said her son, 22-year-old Cyrus Edward Kirton, called her Sunday afternoon to let her know he was at the Cape

Breton Correctional Centre. He said he was never brought to the courthouse Friday because he was taken to hospital after a suicide attempt while in the central lockup of the Cape Breton Regional Police.

"No one called me all week-end. They knew I was here waiting for him and no one ever told me he was in the hospital," she said.

Her son was charged early Friday morning after an incident on Champlain Avenue in

Sydney. He is facing charges of prowling at night, assault, uttering a threat, theft (knives), break and enter, and breaching a court order.

Desiree Vassallo, spokeswoman for Cape Breton Regional Police, said Monday that unless an offender is a youth, there is no automatic call to a parent or other loved one. If an offender is an adult, it is up to them to either call people or allow police to release information. **CAPE BRETON POST**



A worker for Nova Scotia Power is shown in this photo taken last year. JEFF HARPER/METRO

Province amps up energy legislation

Good start. New bill gets a passing grade from Halifax-based environmental group

Catherine Abreu, energy co-ordinator for the Ecology Action Centre, said Monday the energy-efficiency bill introduced last week is contrary to the Liberal promise of making Nova Scotia Power pay for efficiency programs because it allows those costs to be passed on to customers.

But Abreu said requiring Nova Scotia Power to swallow the costs of the programs — estimated last year at an

Quoted

"I actually think the benefits to Nova Scotians go further than what we promised in the election."

Energy Minister Andrew Younger

annual cost of \$46 million — wouldn't make sense for a business whose job is to keep the lights on.

She said it's also important ratepayers pay for efficiency programs in order to ensure cost competitiveness and accountability.

"I think what we've seen in this bill is acknowledgment that the situation was perhaps

more complicated than that promise suggested," Abreu said following an appearance before the province's law amendments committee.

Energy Minister Andrew Younger has acknowledged that the bill was "slightly different" from the campaign promise, but he has also said it is accompanied by an agreement that would see Nova Scotia Power pay about \$37 million over the next 10 years to upgrade all low-income electrically heated homes in the province.

Younger used the Ecology Action Centre's support of the bill as proof on Monday that the government is on the right track. **THE CANADIAN PRESS**



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Nova Scotia villages

Councils ask for in-camera meetings

Nova Scotia villages would be allowed to discuss confidential and personnel matters in private under proposed changes to the Municipal Government Act.

Municipal Affairs Minister Mark Furey says the changes are being made at the request of the Association of Nova Scotia Villages. He says the government is correcting an oversight in the original law in allowing villages the same rights to have in-camera meetings as cities. Furey says councils can go in-camera to discuss issues like the buying and selling of village property, personnel matters, labour relations, public security and more. **THE CANADIAN PRESS**

Citywide. Halifax poised for second Doors Open event

Dozens of buildings in Halifax, Dartmouth and Bedford will once again be open for a free peek inside this June.

The Doors Open Halifax Society has announced a second event that will allow HRM residents to peer into 40 venues around the city.

"People will have a chance to explore places of worship, university buildings, hotels, performance facilities, new developments and iconic heritage buildings," states a release from the society.

The venues that are open for visits on June 7 and 9 include City Hall, the Alexander Keith's Brewery, the Cambridge Military Library, the Halifax Central Library,



Halifax City Hall METRO FILE

the Old Town Clock and the provincial courthouse on Spring Garden Road. **METRO**

60 Minute Kids' Club: 'You have to challenge yourself'

Spring Challenge. New program looks to get school kids more active

CHRISTINE BENNETT
halifax@metronews.ca

The students of a local elementary school were asked to challenge themselves Monday as part of a "movement for movement" — an initiative encouraging students to join the 60 Minute Kids' Club and begin making healthier choices.

The club's Eastern Canadian manager Chris Tremblay visited Smokey Drive Elementary School in Lower Sackville along with a special guest — Olympian boxer Custio Clayton of North Preston.

"When it's time to wake up for practice and you just want to keep sleeping, you have to challenge yourself to get up. What are some other challenges?" Trem-

blay asked during the presentation.

"Only breaking one bone a year!" one student yelled excitedly.

"Yeah, that's a pretty good one," Tremblay laughed.

Tremblay, who was the Halifax Mooseheads' strength and conditioning coach for 12 years, is bringing active lifestyle organization to the Maritimes through the 60 Minute Kids' Club.

The club encourages kids to meet federal guidelines for getting 60 minutes of daily physical activity in a unique way. The program engages kids in healthy competition through an online, interactive medium.

They can track six things: activity, hydration, servings of fruits and vegetables, sleep, power down (two hours or less of screen time) and positive thoughts (mental health).

The hope is that kids will adopt healthy habits and grow into healthy adults.

The students will start the Spring Challenge on Tuesday.

The challenge is 45 days and involves tracking those six habits daily.

People who track every day score the best.

"It doesn't discriminate based on age, gender or ability," Tremblay said.

"Anybody has the same ability to score well in this, all they have to do is participate."



Olympic boxer Custio Clayton, who is from North Preston, speaks to students at Smokey Drive Elementary School in Lower Sackville on Monday.

MITCH WARD/FOR METRO

Quoted



"The ability to follow through with a challenge, that's so empowering."

Chris Tremblay, Eastern Canadian manager of the 60 Minute Kids' Club

Clayton, who participated in the 2012 Summer Olympics in London, said he wanted to help as soon as he heard kids were involved.

"Having people like this

around you trying to motivate you more, that does a lot for you and it helps you want to become something, if you're not already trying," he said in an interview afterwards.

"Hopefully the kids take a lot of stuff out of this and follow their dreams."

There are 17 schools signed up in Nova Scotia already. Currently, the program is in every province

except for P.E.I.

Tremblay said that even if a kid doesn't go on to become the next Custio Clayton, "a kid that's active and healthy and engaged ... is a winner."

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CLOSED: Good Friday, April 18th

Sale of seal meat to China thwarted by anti-hunt activists: Fisheries minister

Deal or no deal? Pact announced in January 2011 has remained stalled after China called for a review

A trade agreement to sell Canadian seal meat in China announced more than three years ago has largely been thwarted by animal rights activists, Fisheries Minister Gail Shea says.

Shea announced the deal in January 2011 in Beijing, saying that gaining access to the world's most populous country would breathe new life into an industry crippled that year by a new European ban on seal products.

At the time, representatives of the Canadian sealing industry said a cache of seal meat had already been packaged and was ready for shipment to China. But the Chinese government later said it had called for a review of the deal, which has remained stalled ever since.

Shea is now blaming the animal rights movement for pressuring the Chinese government to back away



A seal hunter drags a harp seal back to his snowmobile during the annual seal hunt on an ice floe in the Gulf of St. Lawrence in this April 2005 file photo. The annual East Coast seal hunt started Monday against a backdrop of ongoing trade and court challenges in Europe and renewed claims from animal welfare groups that the 400-year-old industry is dead in the water. JONATHAN HAYWARD/THE CANADIAN PRESS

"We have to keep telling the world that this is a sustainable hunt. It's a humane hunt."

Organized groups opposed to the sealing industry have succeeded in spreading misinformation about the slaughter of seal pups, a practice that was banned in the 1980s, the minister said.

"People are not running around out there with hakapiks killing seals willy-nilly," she said, referring to the spiked clubs used mainly by seal hunters from Quebec's Iles-de-la-Madeleine in the Gulf of St. Lawrence.

"This is well-regulated. More than 90 per cent of the seals are actually killed by high-powered rifles."

The annual East Coast hunt started Monday amid heavy ice conditions, mainly off the northwest coast of Newfoundland.

The industry represents a small portion of the fishing industry in Atlantic Canada and Quebec. But the annual hunt looms large on the political landscape in Newfoundland and Labrador, where the vast majority of the country's registered seal hunters live.

THE CANADIAN PRESS

from the deal over concerns the Canadian seal hunt is in-

humane.

"Part of the thing that's

holding it up is that animal rights groups put a lot of pres-

sure on there as well, on the Chinese," she said Sunday.

Florida

Five bears killed after woman attacked in drive

Florida wildlife officials say they shot one bear and euthanized four others Sunday night after 45-year-old Terri Frana was attacked in the driveway

outside her home on Saturday.

Frana's husband said the bear had his wife's head in her mouth and dragged her about 1.3 metres toward a wooded area.

He says she managed to escape from the bear's jaw, and then ran inside the house, where she collapsed. THE ASSOCIATED PRESS

Stanley Cup riot

Three found guilty of beating man after Canucks loss

Three young men have been convicted of beating a so-called Good Samaritan during Vancouver's Stanley Cup riot. Robert MacKay was assaulted on June 15,

2011 after the Canucks lost.

The judge said photo and video evidence showed Michael MacDonald, Carlos Barahona and David Leonati assaulted MacKay or joined in on the chaos. However, he said there was reasonable doubt when it came to Ioannis Kangles' actions, and he's been acquitted.

THE CANADIAN PRESS

Gay rights

Judge orders Ohio to recognize out-of-state marriages

A U.S. judge on Monday ordered Ohio authorities to recognize the marriages of same-sex couples performed in other states, ruling that refusing to

recognize gay marriage is a violation of constitutional rights and "unenforceable in all circumstances."

The order does not force Ohio to allow gay marriages to be performed in the state. The state argues that Ohio has a sovereign right to ban gay marriage, which voters did overwhelmingly in 2004. THE ASSOCIATED PRESS



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Hate crime charges possible for shooting

Frazier Glenn Cross. White supremacist implicated in attack on Jewish community centre and retirement complex

Prosecutors have enough evidence to pursue hate-crime

charges in the shooting spree that killed three people at a Jewish community centre and retirement complex near Kansas City, authorities said Monday, a day after the attack.

Frazier Glenn Cross of Missouri, a known white supremacist, has not been formally charged in the slayings, but officials said more infor-

Quoted

"We have unquestionably determined ... that this was a hate crime."

Overland Park Police Chief John Douglass

mation about charges was expected Tuesday. Federal pros-

ecutors were moving to put the case before a grand jury.

Police suspect Cross fatally shot two people Sunday afternoon in the parking lot behind the Jewish Community Center of Greater Kansas City, then drove to a retirement community where he shot a third person. He was arrested in an elementary school parking lot. **THE ASSOCIATED PRESS**



In image from video provided by KCTV-5, Frazier Glenn Cross is escorted by police in a school parking lot in Overland Park, Kan. AP PHOTO/KCTV-5

Vermot de Pas. Auction house cancels plans to sell Nazi-owned objects

A Paris auction house has dropped plans to sell a swastika-covered box that once belonged to Adolf Hitler and dozens of other Nazi-owned objects that were collected as war spoils from the Second World War, blaming "political pressure."

The Vermot de Pas house on Monday cancelled the April 26 sale of some 40 items that French forces seized from Hitler's Bavarian home in the waning days of Nazi Germany in May 1945. Passports of Hermann Goering, an aviator's watch and pictures of Hitler were among the items that

were to go under the block.

"It was not our goal to stir a scandal," said Laudine de Pas, a co-manager of the auction house. "We were pitching this as part of the responsibility to remember — but in no way to shock or create a polemic." She said the auction was called off due to "political pressure" and after the house received "insulting" phone calls and emails.

Culture Minister Aurélie Filippetti sent a letter Monday to France's auctions authority calling the sale "morally reprehensible" and asking for it to be cancelled. **THE ASSOCIATED PRESS**



This image provided by French auction House Vermot de Pas shows Nazi leader Hermann Goering's passport. AP PHOTO/VERMOT DE PAS AUCTION HOUSE

Reeva Steenkamp trial

Chief prosecutor accuses Pistorius of lying

Oscar Pistorius came under intense pressure Monday at his murder trial from the chief prosecutor, who dismissed his account of how he killed girlfriend Reeva Steenkamp as a flimsy web of lies and accused the Olympian of staging emotional outbursts to mask difficulty in answering a barrage of probing questions. **THE ASSOCIATED PRESS**

Killed husband

Marissa Suzanne Devault eligible for death penalty

Jurors decided on Monday that U.S. woman Marissa Suzanne Devault, convicted of killing her husband with a hammer, is eligible for the death penalty after prosecutors argued that she carried out the brutal killing so she could collect life-insurance money. **THE ASSOCIATED PRESS**

NOTICE EASTER

Collection & Processing Services Garbage/Organics/Recyclables

Residents of Halifax Regional Municipality are advised that there will be NO garbage, organics or recyclables collection services on Good Friday, April 18, 2014. Collection services for that day will be provided the next day, Saturday April 19, 2014.

Collection services can begin as early as 7am. To ensure collection, residents can place materials curbside the evening prior to collection day.

No Collection Friday, April 18	➡	Collection will occur Saturday, April 19
Otter Lake Facility Closed Friday, April 18 Sunday, April 20	➡	Otter Lake Facility Open Saturday, April 19 7 am - 7 pm Monday, April 21 7 am - 7 pm
HRM Recycling Plant Closed Friday, April 18 Sunday, April 20	➡	HRM Recycling Plant Open Saturday, April 19 7:30 am - 6 pm Monday, April 21 7:30 am - 6 pm

For more information on HRM's composting and recycling programs, check your 2014 collection schedule or visit our website at www.halifax.ca/recycle.

HRM's residential Household Special Waste (HSW) Depot will be closed Saturday, April 19 but will be open on Saturday April 26 from 9 am - 4 pm. Check out our website to see when our mobile HSW event will be held in a community near you.



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Red Deer

Alta. company pleads guilty for shipping to Iran

An Alberta company has pleaded guilty to shipping a product to Iran that is banned because it could be used in the nuclear industry. Lee Specialties Ltd., of Red Deer, has pleaded guilty to one charge of violat-

ing the Special Economic Measures Act and has been fined \$90,000. Police say the investigation began three years ago after Canada Border Services Agency officers intercepted Viton O-rings from a cargo shipment at Calgary International Airport that was destined for Iran.

Viton is a form of synthetic rubber that can be used in the oilfields or in nuclear programs.

THE CANADIAN PRESS

France

Police testing all males at school for rape case DNA

French investigators began taking DNA samples Monday from 527 male students and staff at a high school as they searched for the assailant who raped a teenage girl on campus. Testing at Felon-Notre Dame high school is

expected to last through Wednesday. Prosecutor Isabelle Pagenelle said the choice is simple. "Either I file it away and wait for a match in what could be several years, or I go looking for the match myself."

Christopher Mesnooh, an American lawyer in Paris, said the decision involves balancing privacy rights against what happened to the girl.

THE ASSOCIATED PRESS

Bolivia

Villagers send two men to hospital after alleged thefts

Bolivian authorities say Amazon villagers nearly killed two young men after tying them to a tree swarming with the venomous ants for allegedly stealing three motorcycles.

Dr. Roberto Paz said that

one of the men remained in intensive care while the other suffered kidney failure.

The ants live in symbiosis with the triplaris tree variety. Their venom has anti-inflammatory properties and is used as a traditional cure for arthritis.

A sister of one of the men said that the men were freed after relatives paid \$3,700 as compensation for the motorcycles.

THE ASSOCIATED PRESS

Accused woman says she killed six of her newborns

Utah. Police say she then wrapped them up and left the bodies in boxes

Authorities say a U.S. woman accused of killing six babies she gave birth to over a period of 10 years told investigators that she either strangled or suffocated the children and then put them inside boxes in her garage.

According to a statement released by police Monday, Megan Huntsman said that between 1996 and 2006, she gave birth to at least seven babies at her home and all but one of them were born alive.

Huntsman, 39, said she killed them immediately after they were born, and put their bodies inside boxes. She said each baby was wrapped in either a towel or a shirt, and placed in a plastic bag.

Huntsman is being held on \$6 million bail — \$1 million for each baby she's accused of

killing.

Huntsman was arrested Sunday on six counts of murder after police found the infants' bodies. A seventh baby found appears to have been stillborn, Utah County Attorney Jeffrey Buhman said.

Formal charges have not yet been filed against Huntsman and no other arrests have been made but Buhman said the investigation remains open.

Police Capt. Michael Roberts said officers responded to a call from Huntsman's estranged husband, who found the first body. Neighbours identified him as Darren West.

Investigators believe West and Huntsman were together when the babies were born, but don't believe he was aware of the killings. Huntsman also has three daughters — one teenager and two young adults — who lived at the house.

Neighbours in the middle-class neighbourhood of Salt Lake City say they were shocked by the accusations.

THE ASSOCIATED PRESS



Authorities investigate a crime scene at a house in Pleasant Grove, Utah, on Sunday. According to police, seven dead infants were found in the former home of Megan Huntsman, 39. MARK JOHNSTON/THE ASSOCIATED PRESS

Psychology

Women who kill their kids

Most women who kill their children do so by neglect and/or on purpose, said Cheryl Meyer, a psychology professor at Ohio's Wright State University.

Meyer said another common category is the "concealer," a woman who hides or denies her pregnancy and then seeks to dispose of the baby.

The concealers are typically teenagers who get pregnant, are scared and don't want to tell their parents, said Meyer. "They're not 30-year-old women who can go have an abortion."

Safe haven laws allow women to drop off unwanted newborns to authorities with no questions asked.

THE ASSOCIATED PRESS

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TOP SIX@6 Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Down With Webster Chills
- 5 John Legend All Of Me
- 4 Avicii Hey Brother
- 3 Demi Lovato Neon Lights
- 2 Pharrell Williams Happy
- 1 Jason Derulo ft 2 Chains Talk Dirty

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Bloodiest terrorist attack ever in Abuja

Nigeria. President blames Islamic extremists; one official said the bomb was buried in the ground; others said in a vehicle

A massive explosion ripped through a bus station during the morning rush hour in Nigeria's capital, killing at least 71 people and wounding 124 in a bombing that marked the bloodiest terrorist attack ever in Abuja.

President Goodluck Jonathan visited the scene and blamed Boko Haram, an Islamic extremist group, which operates in the northeast of Nigeria and which has been threatening to attack Nigeria's capital. One official said he believed the bomb was buried in the earth while



The scene of a massive terrorist explosion at a bus park in Abuja, Nigeria, Monday. GBEMIGA OLAMIKAN/THE ASSOCIATED PRESS

the emergency management agency said the explosives were apparently hidden in a vehicle.

The blast destroyed 16 luxury buses and 24 minibuses and cars, said police spokes-

man Frank Mba, who gave the death toll.

Survivors screamed in anguish and the stench of burning fuel and flesh hung over the site where billows of black smoke rose as firefight-

ers worked to put out the fires. Reporters saw rescue workers and police gathering body parts as ambulances rushed the wounded to the hospitals.

THE ASSOCIATED PRESS

'Ibrahim.' Dutch cops arrest a teenage girl for alleged tweeted threat

Police in the Netherlands have arrested a 14-year-old girl on suspicion of threatening American Airlines in a tweet.

Police spokesman Roland Ekkers said the girl, who has not been identified for privacy reasons, turned herself in to Rotterdam police in the company of a parent Monday and is now being interrogated.

The tweet posted Sunday said it came from an al-Qaida

member in Afghanistan named Ibrahim and threatened to "do something really big on June 1." But the account's handle came with the nickname Sarah and a profile image of a young woman.

Apologetic tweets were posted to the account after the airline replied it was taking the threat seriously and calling in law enforcement.

Ekkers said the motive for the tweet is not yet known.

THE ASSOCIATED PRESS

Exports to Iran

Wrong address lands Alberta firm a \$90,000 fine

Putting the wrong address on a \$15 shipment of Viton synthetic rubber rings has cost an Alberta company \$90,000 for violating legislation which prohibits sending certain products to Iran.

Lee Specialties Ltd. of Red Deer pleaded guilty to one charge of violating the Special Economic Measures Act Monday. The Calgary court withdrew two other charges.

A lawyer for the company said the rings, that could be used in nuclear applications, were supposed to go to Dubai, but there was an address mix-up on the packaging. THE CANADIAN PRESS

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Ukraine asks United Nations for peacekeeping troops

May 25? After refusing a referendum in Ukraine's east, President Turchynov said a nationwide vote is possible

Ukraine's acting president urged the United Nations on Monday to send peacekeeping troops to eastern Ukraine, where pro-Russian gunmen kept up their rampage of storming and occupying local government offices, police stations and a small airport.

The request came from a government that has proved powerless to rein in separatists in its eastern and southern regions, where insurgents have seized or barricaded government buildings in at least nine cities, demanding more

autonomy from the government in Kyiv and closer ties with Russia.

The Kyiv government and Western officials accuse Russia of instigating the unrest and of deploying armed Russian agents in civilian clothing to carry them out.

In a telephone call with Secretary-General Ban Ki-moon, acting President Oleksandr Turchynov suggested that an "anti-terrorist operation" be conducted jointly by Ukrainian security forces and UN peacekeepers.

Peacekeepers, however, would have to be authorized by the UN Security Council, where Russia holds a veto.

Turchynov's deadline for insurgents to give up their weapons and vacate their homemade barricades passed Monday without any visible action — instead, violence continued. **THE ASSOCIATED PRESS**



A man tries to protect a cop beaten by a pro-Russian mob that stormed a police station in Horlivka. **THE ASSOCIATED PRESS**

Harper reacts

PM doesn't mince words

Russian actions against Ukraine are "aggressive, militaristic and imperialistic" and pose a grave threat to world peace, Prime Minister Stephen Harper said Monday, using his harshest words yet against what he called "Russian provocateurs sent by the Putin regime."

It's time to rally the world against the danger posed by Putin, Harper said, adding he's dispatching Foreign Affairs Minister John Baird to talk with allies in eastern Europe. **THE CANADIAN PRESS**

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Lev Tahor. Judge rules kids from ultra-orthodox group can remain in Ontario

A judge in Ontario has ordered that a group of children in an ultra-orthodox Jewish sect do not have to be sent back to Quebec.

The 13 children are part of a group known as Lev Tahor that left Quebec late last year amid a child protection case and settled in Chatham, Ont.

An earlier court decision ruled in favour of a Quebec court decision ordering the children into care there. But today Ontario Superior Court Judge Lynda Templeton overturned it.

She ruled that the Children's Aid Society in Chatham will continue to investigate the families and the matter will now go to provincial court to determine whether the children are in

Avoiding upheaval

Judge Templeton says in her decision that to put further upheaval in the children's lives by sending them back to Quebec would have "disastrous" emotional consequences, and they should not bear the consequences of their parents' flight.

need of protection.

Seven of the children were placed in care last month after Templeton issued an emergency order because the families fled the country ahead of the appeal hearing, while the other six are believed to still be in Guatemala. **THE CANADIAN PRESS**

Books. Would-be censors want Captain Underpants yanked down — off shelves

The potty humour of Captain Underpants and the mature exploration of race and family violence by Toni Morrison in *The Bluest Eye* would seem to have little in common.

But among some parents, educators and others, the works fall into the same category — they're just too offensive and should be restricted or removed from library shelves.

The American Library Association published its annual State of the Libraries report Sunday, which included its list of works most frequently "challenged" last year at schools and libraries.

Dav Pilkey's bestselling *Captain Underpants* series topped the list. The reasons cited in-

'S' size, 'XL' voice

"Of course, only a tiny percentage of adults are complaining. Kids love the books, and fortunately, most parents and educators do, too."

Dav Pilkey, author and illustrator of the *Captain Underpants* series of books

cluded "offensive language" and material unsuited for its targeted age group.

The Bluest Eye, Morrison's first novel, was runner-up, also criticized for language, along with violence and sexual content. **THE ASSOCIATED PRESS**

WikiLeaks

Manning's 35-year prison sentence upheld

An Army general is upholding Chelsea Manning's conviction and 35-year sentence for giving classified information to the anti-secrecy website WikiLeaks.

The Military District of Washington said Monday that Maj. Gen. Jeffery Buchanan has taken final action in Manning's court-martial.

Manning was sentenced in August 2013 for six Espionage Act violations and 14 other offences for leaking more than 700,000 secret military and state department documents while serving in Iraq in 2009 and 2010.

As commander of the jurisdiction in which the trial was held, Buchanan could have approved or reduced the court-martial findings.

His action clears the way for an automatic appeal to the Army Court of Criminal Appeals. **THE ASSOCIATED PRESS**

Ontario suicide attempts shared with U.S. officials

Special report.

Province's privacy watchdog blasts police for handing sensitive mental health info over to Americans

Quoted

"There is nowhere that we found where there's any mandatory obligation on the part of CPIC to say you have to disclose this information. That's nonsense. It doesn't exist."

Information and Privacy Commissioner Ann Cavoukian, saying there is no legal requirement that suicide attempts be entered into the Canadian Police Information Centre database, which is shared with American officials.

Ontario's privacy watchdog issued a special report Monday demanding police stop sharing information about suicide attempts with U.S. officials, who used the mental health data to block at least four Canadians

from entering the United States.

"I found it so unnerving to think about the humiliation and embarrassment that an individual would feel upon arriving at the airport and being

denied entry into the United States because they learned from a U.S. border crossing official that they had access to their highly sensitive personal information about a past suicide attempt," said Information

and Privacy Commissioner Ann Cavoukian. "Can you imagine?"

The Canadian Mental Health Association said Cavoukian's report highlights "significant grey areas" in terms of police reporting on suicides, and called for more study about the disclosure of police records.

"Mental health police records are not criminal records and should not be treated as such," said the association's Ontario CEO, Camille Quenneville. "Standardizing the protocol for disclosure would be welcome."

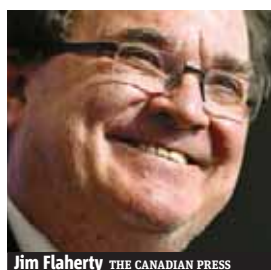
THE CANADIAN PRESS



Stop, look, listen: I think I spy a possible new Banksy piece

A new street art piece appeared in Cheltenham, England, on Monday, leaving many to suspect street artist Banksy has struck again, leaving an espionage-themed piece in the hometown of Britain's electronic spy agency. The piece depicts three figures in trench coats snooping on a telephone booth. Cheltenham is home to GCHQ, Britain's electronic eavesdropping agency, which found itself in the spotlight after some of its covert activities were revealed by former NSA contractor Edward Snowden. **BEN BIRCHALL/THE ASSOCIATED PRESS**

PM, Trudeau to attend Flaherty funeral



Jim Flaherty **THE CANADIAN PRESS**

Parliamentarians and political VIPs are preparing to head to Toronto this week to attend Jim Flaherty's state funeral at a downtown cathedral.

The former finance minister died suddenly last week of an apparent heart attack in his Ottawa home. His unexpected passing has left Ottawa reeling in an outpouring of grief that cut across party

lines.

Prime Minister Stephen Harper, NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau will be among those at St. James Cathedral on Wednesday, along with a roster of Conservative cabinet ministers.

Both Harper and Mulcair fought tears last week when news of the 64-year-old

Flaherty's death reverberated on Parliament Hill. The longtime finance minister, a popular figure in international financial circles, had retired less than a month earlier.

Flags on the Hill remain at half-mast. Hundreds of Canadians, meantime, have been signing an online book of condolences to pay tribute to Flaherty. **THE CANADIAN PRESS**

Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.

Massaging the law



Edmonton massage parlour worker Elizabeth says she and her sex-working alter ego "Roxy" are "two very different people." STEPHANIE DUBOIS/METRO

Walk down the streets of any large Canadian urban centre, and you will come across that ubiquitous flashing neon sign advertising "massage." Inside, the masseuses may offer a lot more. In light of the void in sex-for-sale legislation, Metro Canada is taking a look at what the current climate means for massage parlours.

In this three-part series, we talk to some of the people directly and indirectly involved in Edmonton's 42 body rub parlours.

Over the next three days, Metro will share the stories of the women who work in the establishments, the people who own them, the people who regulate them and the people who use them.



STEPHANIE DUBOIS
Metro in Edmonton

It's a regular evening and a client has just walked into the massage parlour where Elizabeth — who introduces herself as Roxy — works.

Wearing a seductive dress, she greets the client by first introducing herself and asking him if he is interested in her, or would prefer meeting one of her co-workers.

If Roxy — she specializes in domination, fetishes and fantasies — is chosen by the client, she will take the man into one of the rooms to discuss the details of his experience, as well as pricing.

Roxy is chosen.

After hopping into the shower for a quick wash, Roxy starts massaging her client. Like most of her work appointments, it leads to sexual services both she and her client both agree to.

"We offer anything from hand jobs, blow jobs to sex. Every girl offers different stuff," Elizabeth said.

The part-time political science student at the University of Alberta says that in Edmonton, some of the women working in the sex industry have started offering a popular service called "the girlfriend experience," when clients are able to kiss and perform oral sex on the masseuses.

"I refuse to do that because of STIs and, unfortunately or fortunately, I don't know, it's the big seller right

now in Edmonton," she said.

Working in the sex industry in Edmonton was never something Elizabeth said she imagined for herself. She first became a sex worker while travelling in Australia. When she ran out of money, she asked a friend working as a bouncer for job recommendations. Unbeknownst to Elizabeth, her friend sent her to a bawdy house.

"I walked into a brothel with a resumé — which was entertaining in hindsight. I wondered, 'Why are there girls in skimpy dresses everywhere?'" Elizabeth remembers wondering.

She ended up working as a receptionist at the brothel, where she greeted clients and offered drinks. After moving to Brisbane and running out of money again, she turned to a nearby brothel looking for a similar job. Instead, she was asked if she wanted to be a "working girl".

"I thought, 'Well, I could live in a hostel for two days, then I'll be broke and sleeping on the beach, or I could do this. Everyone said it's like having a one-night stand, so I started working,'" she said.

Working on and off in the industry in both Australia and Canada for four years, Elizabeth estimates she has slept with over 1,000 men during her time as a sex worker. Her income: An average of \$4,000 to \$5,000 a month.

"It's never been stable. I can't do it for more than four to six months before I need

Anatomy of a client

Elizabeth, a.k.a. Roxy, said her clients generally fit into three different categories.

- **Client 1.** "They either have physical deformities: so missing a leg, blind, deaf, not stunningly attractive and would have a hard time picking up at the bar."
- **Client 2.** "The second group is working the trades. They work up north, have a ton of money but they don't have a lot of time for a girlfriend."
- **Client 3.** "My third group is 'bored with wife, bored with life.' They're middle-aged to slightly older, bored with the wife, work well-paying jobs ... business suits, white collars."

something mentally stimulating," she said.

Practising yoga and watching cartoons like *Sleeping Beauty* are just some of the ways Elizabeth disconnects from her clients and her work in order to stay mentally healthy.

Currently single and still pursuing her political science degree, Elizabeth plans to leave the business that helps her pay the bills and also helps her gain a better appreciation for true love-making.

"It's a very special thing when you find somebody. What I do at work is not what I do at home. What I do at work is like riding a bicycle or those last three blocks when you drive home. You're not really there, you're just going through the motions. That's exactly what I do at work," she said.

"The vast majority is an act. It's step one, step two, step three. I'm thinking about my grocery list, I'm thinking about what I'm going to do with the money I just made. When I'm at work I'm Roxy, I'm not Elizabeth. They're two very different people."

Limit to her 'love'

"What I do at work is not what I do at home. What I do at work is like riding a bicycle.... You're not really there, you're just going through the motions."

Edmonton massage parlour worker Elizabeth, who goes by the working name "Roxy"

Why Edmonton?

For several years Edmonton has been actively regulating its parlours — where sex is discretely on sale — by instituting regulations on where they can be located and how they must have at least two employees at the establishment at all times. While the federal government aims to redraft the country's prostitution laws, Edmonton's 42 body rub parlours continue to operate from 7 a.m. to 11 p.m., seven days a week, making the city an interesting case study on prostitution's current legal grey zone.



This image was created using some of the words and phrases commonly found on signs and ads for massage parlours. METRO



Massage parlour owner Sara says she creates personal bonds with her clients beyond the sex acts she performs on them. ISTOCK IMAGE

Parlour owner loves job, 'not because of the sex'

Next in the series

Tomorrow

When it comes to managing massage parlours in the city, Edmonton seems to be ahead of the curve. We examine how it regulates these establishments and how it offers a class massage parlour workers need to take. We also ask massage therapists what they think of body rub establishments.

Thursday

We talk to one man who visits Edmonton's massage parlours and why he thinks it's cheaper than dating. We'll also print some of your comments about this series.

Labour of love. After 20-plus years in the business, Sara's work is about more than the seven-minute deed

As the co-owner of a massage parlour located in central Edmonton, Sara considers her workplace relatively safe. Licensed and staffed with a minimum of two girls for every shift, her business provides a range of sexual services.

While she specializes in the "cougar" and "very curvy" niches, the massage parlour offers a range of women of all shapes and sizes for its clients.

Sara has been part of the sex industry for more than two decades. Today she co-owns the massage parlour

and also works as an escort.

Sara said her busiest time is during the day, especially lunch time — when clients can escape from work for a visit.

The women typically work three to four shifts per week, Sara said, adding the length of the shift can range each day.

The sex industry is a passion of Sara's, and while the future is uncertain due to the Supreme Court of Canada decision, she hopes the industry will continue to grow.

"I love my job and it's not because of the sex. The deed takes seven minutes but you're with them for half an hour," she said. "I often think I live vicariously through them."

Editor's note: Sara's name has been changed to protect her identity.

STEPHANIE DUBOIS/
METRO IN EDMONTON

From 'wench' to reporter

When she was in her early 20s, the Toronto Star's Rosie DiManno had a brief encounter with a body rub parlour. Go to metronews.ca to read her 2011 column chronicling her experience and insight.



- What do you think? Parlours can be found across Canada, maybe even close to your home. Visit metronews.ca/features/massage-parlours to give us your thoughts on these businesses, their workers and those who visit them and follow @metropicks to tell us what you think about body rub parlours.



Welcome to Mary-juana-land, U.S.A.

17th state to legalize possession. New bill also improves the distribution of medical marijuana.

Gov. Martin O'Malley has signed a bill that decriminalizes the possession of small amounts of marijuana starting in October.

Maryland is now the 17th state in the U.S. to decriminalize marijuana. The Democratic governor says the law

should improve public safety by freeing police officers to focus on more serious threats.

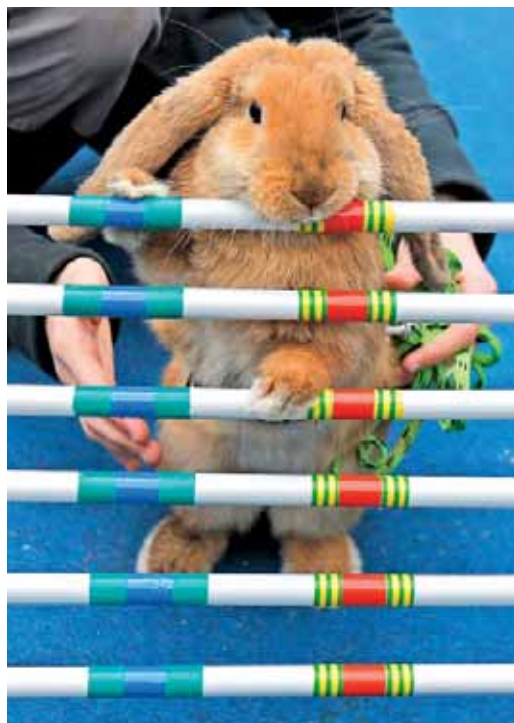
The Maryland State's Attorneys' Association sent O'Malley a letter Friday, urging him to veto the measure. The group's president says the bill was passed too hastily. Charles Smith wanted amendments that would keep it a crime to smoke pot in public or carry it onto school property.

O'Malley also approved a measure to improve the distribution of medical marijuana.

THE ASSOCIATED PRESS



Maryland pot law to take effect in October. MATILDE CAMPDONICO/THE ASSOCIATED PRESS



Hare-raising competition

A rabbit struggles to clear an obstacle during a bunny-hop competition in Prague's Old Town Square on Monday in the Czech Republic.

PETR DAVID JOSEK/THE ASSOCIATED PRESS

Wrong airport. Co-pilot retires after navigation mishap back in January

Southwest Airlines Co. says that the co-pilot of a plane that landed at the wrong airport in January has retired, while the plane's captain has resumed flying.

Airline spokeswoman Brandy King on Monday declined to identify the pilots, each of whom had worked at least 12 years with Southwest.

Both had been on paid leave after the Jan. 12 incident.

Instead of landing at the main airport in Branson, Mo., they landed at a smaller airport and had to brake hard to stop the Boeing 737 before a steep drop at the end of the shorter runway. No injuries were reported.

Federal officials said the pilots told them they mistook the bright runway lights at the smaller airport for the bigger one seven miles away.

THE ASSOCIATED PRESS

Phoenix

Lost keys costly for fire department

The Phoenix Fire Department can't account for hundreds of keys for lock boxes that allow firefighters to enter thousands of businesses and other locations when they're closed to battle blazes.

Deputy Chief David Carter on Monday blamed poor record-keeping over the

past 15 years for the missing 850 keys but said there's no indication they have been used for criminal purposes.

Carter says the department will replace the mechanisms of the 9,000 lock boxes at establishments that use the system in Phoenix. A department spokeswoman says the city set aside \$50,000 for the work.

KPNX-TV initially reported Monday that the keys were missing.

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Damage control

Top PR, HR execs out amid crisis at GM

General Motors is replacing the executives in charge of communications and human resources as it struggles with a string of embarrassing recalls that have led to congressional hearings and federal investigations.

Communications chief Selim Bingol and human resources head Melissa Howell are leaving the company, the auto manufacturer said in a statement. GM is in the midst of a crisis over safety of some of its older-model vehicles, including 2.6 million small cars worldwide that have been recalled to replace faulty ignition switches.

THE ASSOCIATED PRESS

Spyware

German Aerospace Center target of espionage attack

The German Aerospace Center says it was the target of a suspected espionage attack for several months.

On Monday, the research centre confirmed a report

in German magazine Der Spiegel about the spying, and said it had asked the national cyber defence centre to investigate the attack.

A spokesperson, who declined to give a name in line with the company's policy, confirmed that several computers used by scientists and system administrators had been infiltrated by spyware.

THE ASSOCIATED PRESS

Heartbleed likely 'largest flaw' to hit Internet, ever

Expert. News 900 SINS stolen from CRA is just the 'tip of the iceberg'

The fallout from the Heartbleed bug could go far beyond just 900 social insurance numbers compromised at the Canada Revenue agency.

Alberta computer security expert John Zabiuk suspects there's a wave of problems coming.

"Right now, we're just seeing the tip of the iceberg," he said. "This is probably the largest flaw that's hit the Internet in history."

Zabiuk is with the Northern Alberta Institute of Technology in Edmonton, where as an ethical hacker, he teaches

students to protect computer systems by approaching the problem from a hacker's perspective.

The revenue agency says it's analyzing data to determine what else might have been siphoned out. Zabiuk says officials are likely to discover a much bigger cache of information has been compromised.

"Realistically, with over two-thirds of all servers compromised online with this vulnerability, we're going to be seeing a lot more fallout from this," he said.

The revenue agency said it suffered "a malicious breach of taxpayer data that occurred over a six-hour period."

The problem is that the bug has been loose for two years, said Zabiuk.

THE CANADIAN PRESS

BlackBerry Messenger

BBM poses 'small' risk from bug

BlackBerry says Apple iPhones and Android devices running chat software BlackBerry Messenger face an "extremely small" risk from the Heartbleed software bug.

BBM was created originally for the company's own products, but BlackBerry released software last fall which made the app available to users on iPhone and Android products.

THE CANADIAN PRESS



Uber aims to hail customers in Asia

Taxi cabs stand at a parking lot at the airport in Mumbai, India. Taxi-hailing smartphone app Uber is making a big push into Asia with the company starting operations in 18 cities in the last year alone in Asia and the South Pacific including Seoul, Shanghai, Bangkok, Hong Kong and five Indian cities. RAJANISH KAKADE/THE ASSOCIATED PRESS

Report

More Americans say personal info stolen online

The number of Americans who say they've had important personal information stolen online is on the rise, according to a Pew Research Center report.

According to the survey conducted in January, 18 per cent of adults have had personal information stolen online, such as their social security number, credit card or bank account information.

That's up from 11 per cent in a July 2013 Pew survey. The number of adults who had an online account compromised or taken over remained flat at 21 per cent.

THE ASSOCIATED PRESS

Smaller is better. When it comes to phones, 4 inches is better than 5, study finds

Samsung's new Galaxy S5 smartphone is more durable than last year's model and other leading Android phones, but the iPhone 5s outperformed all of them in part because of its smaller size, a new study finds.

The S5 scored well given its water resistance and a sturdy back panel made of plastic, according to SquareTrade, a provider of extended protection plans.

The iPhone 5s won points for being just four inches diagonally, compared with about five inches for the Android phones.

That makes the iPhone easier to grip and thus less likely to slip out of one's

hands.

Nonetheless, all the smartphones tested had a medium risk of breakage, and differences between the various phones weren't major.

SquareTrade evaluated the phones based on such criteria as size, weight, grip and the quality of the front and back panels.

The company measured how far the phones slide when pushed across a table on their backs and how well they withstand drops from four feet and being dunked in water for 10 seconds.

Robots were used to ensure consistency.

THE ASSOCIATED PRESS

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HAIR-RAISING TALES FROM DOWN UNDER

Practically all women are born with hair on their body — some much more than others, thanks to various biological factors — and yet we spend an untold amount of time and money attempting to rid ourselves of it.

Veet, a purveyor of numerous at-home hair-removal products, recently found itself in a sticky situation (pun very much intended) after launching a new advertising campaign that suggests women are allowing their naturally occurring body hair to turn them into dudes. The commercials, which have since been pulled from the beauty brand's Facebook page, feature a series of women who transform into grizzly looking men after forgetting to attend to their armpit and leg hair after a mere 24 hours.

The videos are intended to be funny but they come across as sexist and ignorant. According to Veet, the only way to “feel womanly around the clock” is to go on the offensive against your own body and never ever allow a person of the opposite



SHE SAYS
Jessica Napier
metronews.ca

sex to see you *au naturel*. Women are expected to eradicate every single strand of hair that isn't deemed acceptable on an idealized “feminine” figure.

Personally, I've never been interested in any sort of hair-removal process that involves an unnecessary amount of pain, especially when it comes to my bikini line. The idea of undressing in front of a complete stranger and asking her to yank strips of paper covered in hot wax from my nether regions has never appealed to me. The idea that I should be paying to have this agonizing service performed on me every four to six weeks — laughable.

But, after years of peer pressure, my meddling friends finally managed to convince me that I was missing out on some sort of rite of passage and should just give it a try. This is why I recently found myself popping two extra-strength painkillers and lying down for my first Brazilian waxing experience, because if I was going to do this, I thought I should go all the way.

About 10 seconds into the excruciating process, I wimped out and requested something a little less extensive. I felt my dignity being stripped away from me quite literally as I winced and yelped my way through the 15-minute appointment.

“It will feel better next time,” the aesthetician promised me. With tears streaming down my face, I couldn't find the words to tell her that I didn't think there would be a next time. I paid the requisite \$40 for the pleasure cruise and raced home to curl up in bed with a glass of wine and an ice pack on my crotch.

Needless to say, that was probably my first and last bikini wax. I can't imagine I'll start investing hundreds of dollars a year to achieve an unnatural Barbie-doll look.

Personal grooming is ultimately about individual choice; you can pluck, wax, trim and laser off as much or as little as you want, wherever you want.

And no woman should be shamed for the decisions she makes about what happens — or doesn't happen — when it comes to her hair down there, or anywhere else on her body.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Picnic instead of picket



OLISCARFF/GETTY IMAGES

Women eat on Tube to protest website

Women eat on a Circle Line Underground train in protest of the Women Who Eat on Tubes website on Monday in London, England. The Women Who Eat on Tubes blog invites members of the public to upload images of women eating on the London Underground and has received thousands of followers plus numerous accusations of misogyny. **METRO**

Organizer says

“People say it's not about gender. If it was just people eating on the Tube, you could bring in the question of privacy, but it's not — it's just women. You can't ignore that.”

Organizer Alexis Calvas told *The Independent*

The event's Facebook page had 500 participants, and organizers encouraged those who couldn't attend to raise awareness with the #eatonthetube hashtag.

Also seen on transit

- @dreaminontransit is an Instagram account that stealthily snaps photos of people napping on Vancouver transit and has attracted over 4,000 followers since January.
- Awkwardtransit.com is your odd collection of transit riders, including some holding the pole with unexpected body parts.

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MetroTube

Swedes hanging out in circus class

ANDREW FIFIELD
metronews.ca

So how about starting your morning off with a little light trapeze, courtesy of the absurdly flexible Swedish duo of Robyn and Linn. The pair are currently enrolled at Stockholm's University of Dance and Circus, because apparently being home to one of the world's most vibrant music scenes doesn't provide enough options for entertainment in that city. They also need to open their doors to the country's finest physical performers, as well.



YOUTUBE/SCREEN GRAB

On new album, the Hold Steady grows up

Teeth Dreams. Band shows that rock 'n' roll doesn't have to be 'about a teenager and a convertible'

NOLAN GAWRON

Metro World News in New York

Throughout their 10-year career, the Hold Steady have strategically amassed a catalogue of songs often centred on a recurring group of characters. Craig Finn introduced listeners to tragic heroes and fallen friends caught up in the partying lifestyle, formed from the amalgamation of acquaintances and fictional figures.

His spoken delivery embraced witty double entendres, juxtaposing modern jargon with scholarly diction as he portrayed the ups and downs of the down-and-outs.

And somehow, he always seemed to stay positive.

With *Teeth Dreams*, the band's sixth studio album and the first on their own Washington Square label, hitting stores late last month, Finn's songs seem to have naturally evolved from the post-adolescent party to the inevitable adult hangover.

These are cautionary tales



Craig Finn of the Hold Steady. GETTY IMAGES

and proof that yesterday's kicks become tomorrow's bruises.

"It's definitely the darkest Hold Steady record," says Finn.

"While the others had been especially hopeful and maybe positive and optimistic, this one may hold back on that optimism a bit. Writing this record, I wasn't in a particularly bad place or anything, I was just fascinated with anxiety and the idea of mental health and the way we treat it nowadays and the way we deal with our neuroses."

With such a repertoire of decadent characters, Finn says that his narrative had to change and that those wandering from the straight-and-narrow will inevitably fall.

"We started the band 10 years ago, and for the past 10 years I've known a lot of people close to me that have struggled with substance abuse and mental health issues," he says.

"I'm 42. When you're 32 you might still be going along and having a good time, but at some point it starts to drag you down. ... [Now] I'm trying to write characters that are a little older."

"I think that's a challenge, and it always has been. Rock 'n' roll is often about a teenager and a convertible. ... It's 50 and 60 years old now, so it doesn't have to be. Great artists like Bruce Springsteen and Neil Young have written great songs about adults."

The guitars have finally soared to reach Thin Lizzy heights, while Finn's lyrics are still born to run.

Review



Philomena

Director. Stephen Frears

Stars. Judi Dench, Steve Coogan

Philomena transcends the usual odd-couple hijinks we'd expect from the pairing of Dame Judi Dench and the comic Steve Coogan.

Director Stephen Frears tells a story from true life: Dench's Philomena Lee is a devout Irish Catholic whose teen pregnancy in the 1950s got her banished to the Magdalene laundries, where Catholic nuns enslaved "fallen women" while cashing in on secret foreign adoptions for the children. Philomena lost her three-year-old son Anthony in this way, leaving her with only a single photo of him. Determined to find him 50 years later, she enlists the aid of BBC correspondent Martin Sixsmith (Coogan). They find common cause in their dogged search for Anthony, as the trail leads to Washington, D.C. It's Coogan who really impresses, playing a screen journalist who for once feels true to life.

PETER HOWELL

2 SCENE

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It's a scary time for the horror spoof

A Haunted House 2.

Marlon Wayans talks about the difficulty of making funny movies on shoestring budgets



NED
EHRBAR

Metro World News in Hollywood

Marlon Wayans is back to one of his old standbys: spoofing popular horror flicks, this time in *A Haunted House 2*, the franchise he kicked off last year just as the *Scary Movie* series — which Wayans helped launch — seemed to run out of gas.

Your character asks an interesting question in this movie: When will they stop making *Scary Movie* sequels without a Wayans involved? I think now (laughs). I think Part 5, that was it. I saw Bob Weinstein and he was like, "Yeah, I think I'm going to let it rest, go on to do other things, but



A Haunted House 2 opens in select theatres this weekend. CONTRIBUTED

I'm thankful you killed my franchise." I said, "I didn't kill your franchise. I gave you a shot at *A Haunted House*, and you said no."

Budgets for horror movies have been getting smaller. Does that mean budgets

for movies spoofing horror movies been shrinking as well?

It's harder, definitely, because they expect you to make a comedy for cheaper. When you're parodying something, you still need the practical effects and

the visuals, depending on what you're making fun of. I'm happy that *Paranormal Activity* was so inexpensive to make, because that was easier to do. But it's hard to do comedy for a low budget. We made the first one for \$1.7 million and this one for

Quoted

"When you're parodying something, you still need the practical effects and the visuals, depending on what you're making fun of."

Marlon Wayans on why making comedy isn't always that cheap.

\$3 million. Hopefully by the next one I can have a trailer.

How do you handle splitting your attention between being an actor, producer and co-writer on this?

I have ADD, I think, and I'm not on medicine. My only medicine is the fact that I get to do a bunch of stuff. That keeps me the most focused. It's weird. I love producing, I love hiring everybody and putting the band together, I love writing and I love performing. I think the whole experience allows me to use every last single thing I know. It's good to apply yourself fully to your project.

It keeps me sane.

Can you enjoy simply watching a scary movie now, or does the parody part of your brain not shut off?

That part of my brain stays on. I can't go to any movie and enjoy it. I'm constantly thinking about what could be funny. I just can't turn it off.

It's been 40 years since *Blazing Saddles*, a kind of comedy a studio wouldn't make any more due to its biting humour.

Times have changed, yeah. But I get why, because corporations bought the studios and the networks, and now there's a different agenda. People have to adhere to that and use their creativity in a whole different capacity. You have to channel it and do respectful content that's going to sell ad space. Your product has to be a business. It has to make dollars in order to make any sense. That's why I do them independently, so that I can keep my scatological integrity.

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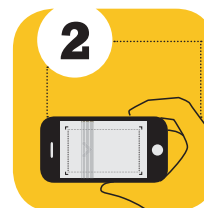
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hats off to the fashion forward folk at the MTV Movie Awards

PAT HEALY
Metro World News

Pharrell Williams, what have you wrought?

Men, women and cats all donned hats at Sunday night's MTV Movie Awards — with mixed results.

Johnny Depp is no stranger to the fedora and usually the star can pull off any look, but his entire ensemble on Sunday night made him look like a Steampunk gangster from New Jersey.

I'm not sure what Hana



Johnny Depp's ensemble made him look like a Steampunk gangster from New Jersey. ALL PHOTOS: GETTY IMAGES

Mae Lee looked like with her cigarette cap, other than a woman who looks like she wants attention to be paid to her (it worked!).

Oscar-winner Jared Leto wore an oversized straw

cap while Kesha looked like a "Flowers in the Attic" reject in a goth felt cap.

Finally, no hat recap would be complete without this shot of Grumpy



Grumpy Cat took the hat trend to heart at the MTV Movie Awards.

Cat wearing the Pharrell Williams' trademark Vivienne Westwood "Mountain" hat.

British people, take note: THIS is how you wear a hat.

Does the green-eyed monster haunt Pitt-Jolie?



Angelina Jolie and Brad Pitt.

It turns out there's more to that Star magazine report about life inside Brad Pitt and Angelina Jolie's home. Aside from Jolie's alleged control freak ways and their kids' wild behaviour, there's apparently still the spectre of Jennifer Aniston hanging over their relationship. Sources say the "super-vindictive" Jolie "hates Jennifer Aniston still and is very competitive with her," both personally and professionally. And it probably doesn't help that the A-list pair reportedly worry about

each other's fidelity. "Both of them are insecure about the relationship," the source explains. "She worries that he cheats, and he thinks she'll cheat because she's 12 years younger than he is." But despite these supposed issues, the source admits Jolie and Pitt remain "insanely devoted" to each other. "She fell for him the minute they met, and he loves the way she is into him," the source says. "They go at it like rabbits. They are very kinky and will spontaneously hook up any chance they get."

Selena Gomez ready to close the book on Bieber

Sources close to Selena Gomez say her on-again, off-again relationship with Justin Bieber may finally be off for good, as she is reportedly fed up with the Canadian bad-boy, according to Radar Online.

"She's grown tired of Justin's attention-grabbing antics," a source says. "Justin is a little bit of a crazy guy who could do something weird like proposing marriage just to keep her by his side, but that's Sel-

ena's exact problem with him ... That's why she's spent a couple of months trying to re-establish herself — and distance herself from Justin." So how much time does Bieber have to shape up? "A permanent breakup between the two could even be confirmed as early as mid-July," the source says.

"Justin can be clingy and delusional, and Selena just wants something more normal and chill."



Selena Gomez

Idol on its way out?

This may be the final days for reality TV mainstay American Idol, if the behind-the-scenes scrambling of its employees is any indication, according to Radar Online. "The crew and staff on 'Idol' are not new to the industry and have been around the block before. They know a sinking ship when they see one," a source says. "Anyone smart working on the show has already put out feelers for a new gig. The show is on its way out, and they don't want to be dragged down with it."

Twitter



@JohnCleese

Hotel security man tells me that in some hotels staff tip off paps when 'celebrities' arrive. Reward for name of pap who hassled me



@ricky_martin

I went to sleep and dreamed that I was sleeping. Then woke up in my dream. And finally woke up real life. coo coo



@carriefisher

Tho life is far from a bed of roses thru which 1 lethargically loiters/lt nevertheless is more savory than bed composed of Goiters

Mercy Domestic Short Hair

Pretty 5-year-old Mercy was brought in as a stray looking sleek and healthy as though she was a house pet so we are not sure how she ended up lost. She is reserved at first but doesn't hold back for long...greeting you with her pale gold eyes and a warm purr. She loves a gentle head and back massage and also welcomes head scratches. Mercy is used to the company of other cats and will probably be happy in any home. If you are looking for a companion or a new addition to your family, please visit Mercy today.



For more information on Mercy and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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3 LIFE

Hit the road: Your body will really thank you for it

You think you're being smart by going to the gym — you're not.

The treadmill won't make you a better runner, and here's why

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

So, you're happier at the gym. We get it — you're petrified of tripping and smashing your knees (ribs, shoulders, face, etc.) against the concrete pavement. But although being inside means not having to deal with gale-force winds, car fumes or crazy cyclists, it's not any safer.

Want to be fast and strong? Go outside

Roadside running gets a bad rap for a lot of unfair reasons, but the hardness doesn't mean it's hurting you, says fitness expert Scott Francis.

"Outside, you're able to deviate your left to right stride — your body moves freely," he tells us.

London-based running coach and Saucony spokesperson Nick Anderson agrees.

"Even if you're on what you perceive is a pretty flat pavement, your foot is having to adjust its angle every time it hits the ground, which is always slightly uneven. The muscles have to work hard in order to stabilize the foot as it

goes through its landing and taking off phase, meaning you need to generate more force than if you were on a treadmill."

So many people think that they're doing their body a favour by choosing to run at the gym ... but the truth is, they're not.

"You're going really quite fast — a lot quicker than you would be on the road, but it's got nothing to do with speed. The surface you're on is completely flat and that's not running but jumping up and down on the spot.

"When you're on a treadmill, you're in this weird limbo — consciously staying in lane, subconsciously bouncing out of it. You're throwing your hips and knees dangerously off-balance and potentially doing a lot of damage to your joints," warns Francis.

There is no 'proper' way to run

There's this common misconception that the longer your stride, the faster you'll run. Wrong!

Putting the foot so far out in front can cause a lot of strain on the body.

"Run tall, with a slight forward lean, short stride and let your foot land underneath you rather than ahead of you. This way, less force will travel up through the body and you'll be lighter on your feet," say Anderson.

Not quite sure what he means by this?



On a treadmill you can throw your knees and hips off-balance. THINKSTOCK

Francis has a trick to visualize how to run this way.

"Think 'heel toe, heel toe'. put your palm and wrist on the table and lay your hand out flat. Keeping your hand still, come up on your fingertips and drag your fingers back towards your body — that's (more or less) the cor-

rect way to run," he explains.

Match your shoe to you

The shoe is the last part of the equation. If everyone had their running gait and stride analyzed, the dangers

Quote

"Running is one of the most natural motions for our body — as instinctive as walking or sleeping — and yet we get it so wrong."

Scott Francis, performance strategist and life coach

of running outdoors would be far lower. "You're dealing with anything from three to seven times your weight going through your body at the point of impact. Not only does the shoe need to fit, it needs to match your running style," says Anderson.

"People tend to buy their trainers one size too small because everyday footwear is usually worn quite tight. But the foot expands as you run, so you need there to be half a thumb's width of space at the front (from your big toe to the end of the shoe).

"Ideally everyone should have their arch analyzed (most shops do this for free) in order to figure out how their foot strikes the ground — on the forefoot, midfoot, heel or extreme heel," adds Francis.

The best is to try on several pairs and look at different brands, making sure the shoe is built with cushioning and support and that the sole grips the floor well. Once you've done all of that you're ready to go — outside, of course.

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An apple a day ...you know the rest



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Everyone knows that all fresh apples are harvested and only at their peak in the fall, right? Wrong!

It is true that most apples you find on the shelves at this time of year are long past their prime. They were picked in the fall and intended to be enjoyed by Christmas or made into pie.

There is one exception: Red Prince.

Grower Marium Botden says, "Red Princes are harvested in the fall like other local apples but are celled in sealed, controlled atmosphere storage to allow the flavour to mature, in a process similar to wine. Most of the oxygen is removed and they add in CO₂ so the apples go to sleep. When

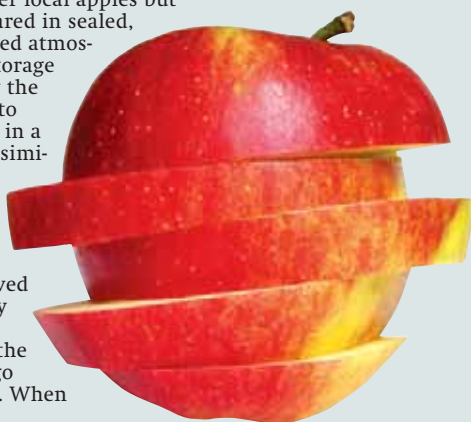
they come out of storage months later, the natural sugar or 'brix' stays high, but the natural acid goes down.

"This results in a crispy, juicy bite and a robust, tangy-sweet flavour."

This means that they are crisp, ripe and ready when other apples are as sick of a long cold winter hibernation as the rest of us.

These apples work well eaten out of hand, in fresh salads and can also be cooked or baked. Like all apples, they're high in antioxidants as indicated by deep red colour of the skin.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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FLASH FOOD



From your fridge
to your table in
30 minutes or less

This quick and easy-to-prepare weeknight meal is sweet and comforting.

It only requires a few minutes of stovetop work and then the oven baking does the rest. All you really need is a salad and a nice bottle of white wine. Oh, go ahead, light a candle, too.

1. Preheat oven to 400°F.
2. In a sauté pan, sear chicken pieces in oil until golden brown. Place chicken pieces in a roasting pan.
3. In the sauté pan, heat

Ingredients

- 8-12 chicken drumsticks
- 1 tbsp (15 ml) grapeseed oil
- 1 large garlic clove, minced
- 1 cup (250 ml) sweet onion diced
- 1 lb (500 ml) fresh white button mushrooms
- 4 Medium Red Prince Apples, chopped in 1/2 inch chunks (approx. 4 cups/1000 ml)
- 1 cup (250 ml) dry white wine
- 1 tbsp (15 ml) chopped fresh thyme
- 1 cup (250 ml) chicken stock



This recipe serves six. COURTESY THERESA ALBERT

oil and sauté garlic, onions, mushrooms and apple chunks till softened and slightly browned. Deglaze pan with white wine and boil 2-5 minutes to reduce. Add, thyme and chicken stock to

sauté pan and mix well. Pour ingredients over chicken in roasting pan and place in oven uncovered for 20-25 minutes or until chicken skin is golden and crispy, basting once half way through with

pan juices. **RECIPE COURTESY COURTESY REDPRINCEAPPLE.CA/ THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

When kale met apples (in a delicious salad)

Once you start eating kale, it will become the "new normal"

base for your salads. It has a more robust flavour and texture than lettuce, and is good for you, too.

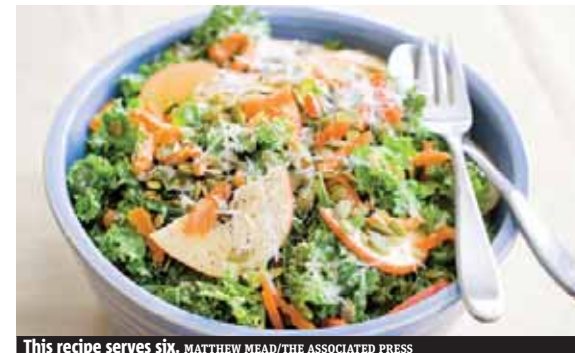
Black kale — also called Tuscan kale — is the best choice for salads. It has soft leaves and is not prickly or curly. It still needs to be de-stemmed and the leaves need to be torn, but it isn't as tough as curly kale. Baby kale is the easiest kale to use because all you need to do is wash and dry the leaves and finish making the salad.

1. Dressing: In a large bowl whisk the vinegar, lemon juice,

mayonnaise, sugar and salt.

2. Add the kale and toss to coat well, then set aside for 10 minutes. After 10 minutes, toss again to coat well.

3. Sprinkle apricots, pumpkin seeds and cheese over dressed kale. Toss again to distribute. Season with pepper and additional salt, if needed. Fan thin slices of apple over the top of salad and serve. **THE ASSOCIATED PRESS/ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.**



This recipe serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

Ingredients

For the dressing

- 2 tbsp cider vinegar
- 2 tbsp lemon juice
- 1/2 cup mayonnaise
- 2 tbsp sugar
- 1/2 tsp kosher salt

For the salad

- 1 large bunch (about 1 lb) Tuscan kale, stems torn or cut

out, leaves torn into small pieces

- 1/3 cup dried apricots, julienned
- 1/3 cup pumpkin seeds
- 2 oz manchego cheese, grated
- 1 Pink Lady apple, cored and cut into thin half moons
- Ground black pepper

Easter Service Listings

SAINT MARY'S CATHEDRAL BASILICA HOLY WEEK MASS SCHEDULE

Mass of Chrism
Tuesday, April 15th • 12:00 pm

Holy Thursday, April 17th
Mass of the Lord's Supper • 7:00 pm
*Transfer and Exposition of the Blessed Sacrament
until 10:00 pm in the Marian Chapel*

Good Friday, April 18th
Celebration of the Lord's Passion • 3:00 pm

Holy Saturday, April 19th
Easter Vigil • 8:00 pm

Easter Sunday, April 20th
7:30 am, 10:30 am and 5:00 pm

*There will not be any other masses or
services from Holy Thursday to Easter Sunday
other than those stated above.*



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EASTER CELEBRATIONS

Holy Thursday, (April 17th)

*Mass ~ 7pm

Good Friday (April 18th)

Children's Service ~ 11am

*Service (The Passion) ~ 3pm

Way of the Cross ~ 7pm

Holy Saturday (April 19th)

*Solemn Easter Vigil ~ 8pm

Easter Sunday (April 20th)

Mass ~ *9am, 11:15am

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EASTER SUNDAY

April 20th
11:30 AM

April 17-20, 2014



Holy Monday and Holy Tuesday, 14 and 15 April
7.00pm Choral Holy Communion
Speaker: Victoria Goddard
8.30pm - Music for Holy Week (Monday only)
Thomas Tallis: Lamentations of Jeremiah

Holy Wednesday, 16 April
7.00pm Tenebrae
Music: Miserere Mei, by Allegri

Maundy Thursday, 17 April
7.00pm Choral Holy Communion with foot-washing and stripping of the altar
Music: Palestrina, Durufle, Tallis, and Byrd
9.00pm - 7.30am All-night vigil

Good Friday, 18 April
10.00am Stations of the Cross and decoration of the Easter Garden
12.00pm Three-hour service of music and meditations
Music: Blow, Porta, Nanino, John of Portugal, Morley, and Purcell
Speaker: Dr John Baxter

Holy Saturday, 19 April
10.00 AM Shortened morning prayer and Ante-Communion Service followed by church cleaning in preparation for the vigil
10.30 PM Easter Vigil and First Mass of Easter
Music: Palestrina, Vaughan Williams, Taverner

Easter Sunday, 20 April
10.30 AM Choral Holy Communion
Music: Vaughan Williams, Taverner, Bach, Widor
Featuring trumpet, violin and organ

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First Baptist Church Halifax

Holy Week & Easter '14

1300 Oxford St., Near South
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Ecumenical Services April 15-17, 7:30 am

Continental Breakfast - 8:00 am

Tuesday - First Baptist Church Halifax

Wednesday - St. Mary's Cathedral Basilica

Thursday - St. Matthew's United

Maundy Thursday, April 17 - 7:00 pm

Communion and Tenebrae

Good Friday, April 18 - 10:30 am

Ecumenical Service at Presbyterian Church of St. David, Music by Combined Choirs of First Baptist, St. Andrew's United, St. John's United and Presbyterian Church of St. David

Easter Sunday, April 20

6:22 am - Sunrise Service

Black Rock Beach, Point Pleasant Park

10:30 am - Communion

*Because Jesus Lives - Rev. John E. Boyd
Sr. Choir and Blue Engine String Quartet*

University of King's College Chapel

Holy Week Services
April 14-20, 2014



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ALL ARE WELCOME

Holy Monday, Tuesday & Wednesday, 14-16 April

5:00 PM Choral Communion (Plainsong)

Motets: J. Otrecht (1450-1505);
F. Anerio (1560-1614)

Holy Wednesday, 16 April

9:00 PM Tenebrae: T. Tallis, T.L. de Victoria, G. Asola

The Paschal Triduum

Maundy Thursday, 17 April

7:30 PM Washing of Feet & Last Supper

Music: T. Tallis, M. Durufle (1902-86),
J. Longland (1907-91), J. Sheppard (1515-60)

Good Friday, 18 April

7:00 AM Holy Communion (said)

10:00 AM Veneration of the Cross & Reproaches

Music: T.L. Victoria (1548-1611), G. Allegri (1582-1652), John IV of Portugal (1604-56)

Holy Saturday, 19 April

11:00 PM Easter Vigil & First Eucharist of Easter

Music: O. di Lasso (1532-94), G.P. da Palestrina (1525-94), P. Halley (b. 1952), S. Scheidt (1587-1654), J. Taverner (1498-1545), J. Alain (1911-40)

Easter Sunday, 20 April

11:00 AM Choral Communion

Moose GM gives D its due

QMJHL playoffs. Series schedule announced for Halifax and Val-d'Or



PHILIP CROUCHER
philip.croucher@metronews.ca

Cam Russell expects fans will have a good time watching this series.

The two highest-scoring teams are going head-to-head in the third round of the QMJHL playoffs as the Halifax Mooseheads and Val-d'Or Foreurs meet for the first time ever in post-season play.

"I think it's going to be an exciting series for fans to

watch," the Mooseheads general manager said on Monday.

"They have some very good hockey players and a very good goaltender."

But as much as Russell thinks his team matches up well offensively against a Foreurs squad that netted a league-best 306 goals during the regular season, he is also quick to point out his club's strength on the defensive end as well.

The Mooseheads finished No. 2 in goals scored during the regular season (292), and also allowed the third-fewest (182.)

Halifax has allowed only 19 goals in nine playoff games, and has surrendered more than 30 shots in a game only once.

"We support the attack

Series begins Friday

The schedule for the third-round series was announced on Monday, with Halifax hosting Games 1 and 2 on Friday and Saturday at 7 p.m.

The series switches to Val-d'Or for Games 3 and 4 next Tuesday and Wednesday.

A Game 5 would be played back in Halifax on April 26. Val-d'Or would host Game 6 on April 28, with Game 7 set for April 29 in Halifax.

Tickets for Round 3 go on sale to the general public Wednesday at 10 a.m.

well," Russell said. "We are an offensive team but also committed to the defensive zone."

And of course, it doesn't hurt to have the likes of Zach Fucale in goal should trouble arise.

Fucale has again been a

steady hand for the Mooseheads, posting an 8-1 playoff record with a sparkling 1.73 goals-against average and a .927 save percentage.

"That's how he's played for three years now," Russell said of Fucale's post-season. "Every

game is important to him. He's very even-keeled — never too high or too low.

"He's a key player and important leader on our hockey team."

So far, it's been a smooth ride for Halifax in the playoffs. They swept the Charlottetown Islanders in four straight, and needed just one more game to knock off the Gatineau Olympiques.

Most expect a stiffer test against the Foreurs, but Russell believes his team is ready to put in the effort needed for success.

"You have to understand how hard these players work every day," he said. "It's nothing more than hard work that got us to this point."



The Olympiques' Taylor Burke attempts to get the puck past Mooseheads netminder Zachary Fucale and defenceman Austyn Hardie during their quarter-final series in Gatineau on April 8. MIKE CARROCCETTO/FOR METRO



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Shanahan expected to force culture shock

Leafs. New president to conduct thorough assessment before delivering exit papers

Brendan Shanahan was brought in to change the culture of the Toronto Maple Leafs. How the new team president plans to do that remains a mystery.

In introducing Shanahan on Monday, Maple Leaf Sports and Entertainment president Tim Leiweke made it clear that he wasn't happy with the "character" and "culture" of the team.

"I'm not sure the Leafs have (the right culture)," Leiweke said. "I definitely sense that we lack an identity, and right now we're a team that lacks a direction and we want to change that."

It's up to Shanahan and general manager Dave Nonis to do it, but no clear direction for the organization was spelled out on Shanahan's "first day at work." The 45-year-old Hall of Famer has a plan, and though he and Leiweke didn't get into specifics, plenty of changes are expected.

"I have some ideas in my head about direction, but I think that at the same time ... those are subject to change," Shanahan said. "I think that it's very important for people, especially in sports, to have the ability to evolve and to make changes."

Change could come in the form of firing coach Randy Carlyle, whose vision for winning hockey didn't seem to fit with the Toronto roster. And



Newly hired Maple Leafs president Brendan Shanahan smiles during a press conference in Toronto on Monday. Scan the above image with the Metro News app to see a photo gallery of Shanahan's hockey career dating back to 1989. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Handing over the reins

"This is Brendan's team, it's his culture, and at the end of the day he makes all the decisions, and we're going to support that 100 per cent." MLSE president Tim Leiweke

it could come in the form of many different players being on the ice opening night this fall than were around for Monday's locker clean-out.

But Shanahan and Nonis insist the immediate job is to step back and make an assessment of where the organization is as a whole. Even though

each man called Carlyle a "good coach," it's difficult to point to things like identity, culture and character without at least considering the next step.

"You all saw the team this year, I think we didn't have the identity," Leiweke said. "I think Randy tried to create the

identity. To the guys' credit last year, they bought into that, and they took on Randy's identity, I don't think that happened this year."

Shanahan, who grew up in the Toronto neighbourhood of Mimico and previously worked for the NHL as the director of player safety, is expected to shape this team's identity. It's just not clear how he intends to do that.

"Dave and I are going to ... talk about how we see the best way to play for our team going forward," Shanahan said. **THE CANADIAN PRESS**

NHL playoffs. Bruins look to avenge regular-season losses to first-round foes

The Boston Bruins had the NHL's best record, allowed the second fewest goals and scored the third most.

They have four strong lines, three solid defensive pairings and one of the best goalies.

And they were 1-3 in the regular season against their first-round playoff opponent.

The Detroit Red Wings will be back in town Friday night.

"They always give us some good games," Boston coach Claude Julien said.

The Bruins gave them a terrible one Nov. 27 in Detroit, losing 6-1, their most lopsided loss of the season and one of only five games in which they allowed more than four goals.

"Everything we did tonight was just a disaster," Julien said then.

Most everything they've done since then has been impressive, going 38-10-9. For the season, the Bruins outscored



Patrice Bergeron GETTY IMAGES FILE

opponents by 84 goals while Detroit was outscored by eight.

Outstanding goaltending by Tuukka Rask, who led the NHL with seven shutouts, a combination of youth and experience and the all-around brilliance of centre Patrice Bergeron make the Bruins favourites.

Bergeron played with his usual excellence defensively and scored 30 goals, one less than his career-high in 10 seasons, all with the Bruins.

"It's the best I've seen him," Boston general manager Peter Chiarelli said Monday.

THE ASSOCIATED PRESS

More Canadian content? There's room for three more teams: Think-tank

A second club in Toronto

According to the Conference Board of Canada, the population of the Toronto area is expected to grow to 10.5 million within 20 years, enough to support another NHL team.

The Conference Board of Canada says the country could support as many as three more National Hockey League franchises within the next two decades.

The board suggests that in addition to the seven existing NHL teams, Quebec City and Hamilton, Ont., appear to meet minimum requirements for a franchise in the near future.

The requirements include elements such as population, income and corporate presence.

The board predicts in 20

years the Atlantic provinces and Saskatchewan will not have the population or corporate presence to support NHL teams. **THE CANADIAN PRESS**

Preds end Trotz's stint in Nashville

Barry Trotz, the NHL's longest tenured head coach with one team and the only coach the Predators have ever known, will not be back for a 16th season with Nashville.

The Predators announced Monday that they have told Trotz his contract will not be renewed and that they are starting a search for a new coach immediately.

Trotz is being offered a job in the team's hockey operations department, though the two-time Jack Adams finalist could be a top coaching target

By the numbers

1,196

Trotz's 1,196 games with Nashville puts him second only to Gregg Popovich of the NBA's San Antonio Spurs for longest active coaching tenure in the four major sports.

for other teams.

Missing the playoffs two straight seasons — the first time since 2001-02 and 2002-03 — was too much for a franchise that needs to reach the post-season to sell tickets and gen-

erate crucial revenue. Trotz's contract expires June 30.

"Our organization has high expectations and we have not met them in the past two seasons," general manager David Poile said in a statement.

"As a result, it is my decision and determination that we need a new voice and a new direction.... Our goal is to return to the playoffs with the ultimate goal of contending for the Stanley Cup. We know that once we get into the playoffs, anything is possible."

THE ASSOCIATED PRESS



Barry Trotz

MARK HUMPHREY/THE ASSOCIATED PRESS

Anders Lindback

Bolts' back-up goalie named week's first star

Tampa Bay Lightning goaltender Anders Lindback was named the NHL's first star of the week after taking over for injured starter Ben Bishop.

Lindback posted a 3-0-0 record with a 0.67 goals-against average, .975 save percentage and one shutout to help the Lightning clinch home-ice advantage in their first-round playoff series against the

Montreal Canadiens.

Anaheim goaltender John Gibson was named the second star of the week after helping the Ducks clinch the top seed in the Western Conference. He closed out the season 3-0-0 with a 1.33 goals-against average, .954 save percentage and one shutout.

Columbus Blue Jackets centre Ryan Johansen is the third star of the week. He recorded two goals and four assists to help the Blue Jackets clinch their second playoff berth in franchise history.

THE CANADIAN PRESS

Phelps makes a splash by diving back into the pool

Coming out of retirement. Baltimore Bullet has been training and will compete next week

Michael Phelps is coming out of retirement, lured back into the pool by the fun of it and the possibility of swimming at a fifth Olympics in Rio in 2016.

The 22-time Olympic medalist will compete for the first time since the 2012 London Games at a meet in Mesa, Ariz., on April 24-26.

Bob Bowman, the swimmer's longtime coach, told The Associated Press on Monday that Phelps is entered in

The resumé

Michael Phelps turns 29 in June and is the winningest and most decorated athlete in Olympic history.

- He captured 18 gold medals and 22 medals overall at the last three Summer Games.
- He broke Mark Spitz's record for a single Olympics by winning eight gold medals at Beijing in 2008.

three events — the 50- and 100-metre freestyles and the 100-metre butterfly.

"I think he's just going to test the waters a little bit and see how it goes," Bowman said by phone from Baltimore. "I wouldn't say it's a full-fledged comeback."

Phelps returned to training last fall and re-entered the U.S. drug-testing program. He has completed his six-month waiting period by the U.S. Anti-Doping Agency to be eligible for competition.

Bowman said Phelps is "pretty far" from being back in top form. He's been training Monday through Friday with Bowman's team at the North Baltimore Aquatic Club in his hometown.

"He's gotten back into good shape since September," the coach said. "He can give a good effort and certainly not be embarrassed. He's in enough shape to swim competitively."

THE ASSOCIATED PRESS



Michael Phelps is coming out of retirement, the first step toward possibly swimming at the 2016 Rio Olympics. He will compete at a meet in Mesa, Ariz., on April 24-26. THE ASSOCIATED PRESS FILE

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NBA. Raptors buck years of disappointment with franchise-record 48th win

The Toronto Raptors have recorded their best regular-season record in the team's 19-year history.

The playoff-bound Raptors topped their record for franchise wins with victory No. 48 on Monday, a 110-100 defeat of the lowly Milwaukee Bucks — their most recent milestone achieved on a night that started with the unfurling of their Atlantic Division banner.

Greivis Vasquez scored 25 points, while Kyle Lowry added 24 for the Raptors (48-33). Jonas Valanciunas had 14 points and 13 rebounds, Tyler Hansbrough scored 12 points and grabbed 11 boards, while Amir Johnson finished with 10 points.

Ramon Sessions scored 21 points to top the Bucks (15-66) in their 14th straight loss on the road. Jeff Adrien added 19 points.

Vasquez started in place of all-star DeMar DeRozan, who was given the night off to rest up for the playoffs.

The Raptors led from the outset, and were up by as much as 22 points in the second quarter of their final regular-season game at Air Canada Centre. They took an 84-69 advantage into the fourth against a Bucks



Amir Johnson celebrates as he leaves the court following the Raptors' win over the Bucks in Toronto on Monday. CHRIS YOUNG/THE CANADIAN PRESS

team that is guaranteed to finish with the worst record in the NBA this season.

But the Bucks showed some fight in the fourth, pulling to within seven points on an alley-oop dunk by Adrien with 7:27 to play. But that was as close as the Bucks would come, as Lowry's six points were part of a 12-5 Raptors run that put them ahead by 14 with three minutes to play.

The Raptors wrap up the regular season Wednesday.

THE ASSOCIATED PRESS

NBA

Short-handed Heat give #1 spot to Indy

The Miami Heat opted for rest for LeBron James and Chris Bosh over the pursuit of the Eastern Conference's top seed, and the Washington Wizards capitalized in a 114-93 breeze of a game Monday night that clinched the No. 1 seed for the Indiana Pacers.

Trevor Ariza scored 25 points for the Wizards, who remained one game ahead of the Charlotte Bobcats in the race for the East's No. 6 seed. THE ASSOCIATED PRESS

NBA

Bulls continue to fight for 3rd seed

Joachim Noah had 18 points and the Chicago Bulls pulled away late for a 108-95 victory over the Orlando Magic Monday night.

With one game left in the regular season, the Bulls are fourth in the Eastern Conference playoff race. To catch Toronto and finish third, they would need to win the season finale at Charlotte on Wednesday and have the Raptors lose at New York.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

There seems to be a barrier of some kind between you and other people, no doubt caused by today's lunar eclipse in your opposite sign. Don't worry. The cosmic tide will turn.

Taurus

April 21 - May 21

Are you working more for other people than you are for yourself? If so, it's time to get a grip on the situation. Let those who are taking advantage of you know that this is as far as it goes – and mean it.

Gemini

May 22 - June 21

The planets warn you must not pretend that certain things are true when they clearly are not – it could be a costly mistake. If you must take a risk at least wait until the effects of the current eclipse wane.

Cancer

June 22 - July 23

Spell out in plain and simple language what it is you expect of other people. Both at home and at work misunderstandings are likely today, so make sure everyone knows what they should be doing.

Leo

July 24 - Aug. 23

By all means listen to what friends and family members have to tell you but don't think for a moment it's all true. Act as if you have not yet heard the whole story.

Virgo

Aug. 24 - Sept. 23

Be extra careful when dealing with money matters and business issues. Anything that sounds too good to be true most likely is, so check everything, even from trusted sources.

Libra

Sept. 24 - Oct. 23

Today's lunar eclipse in your sign is sure to confuse things, so promise yourself no matter what happens you won't get upset about it. In a matter of days it will all be forgotten.

Scorpio

Oct. 24 - Nov. 22

Whatever happens today, be it good, bad or indifferent, you must treat it as if it is of no real importance. If you allow feelings to guide you then your fears will most likely take over.

Sagittarius

Nov. 23 - Dec. 21

Don't think too hard about something that appears wholly illogical. A number of strange, even bizarre, things are likely to happen but none of them can do you harm.

Capricorn

Dec. 22 - Jan. 20

This is the sort of day when it is probably best to keep your plans to yourself. You don't have to be dishonest but it will pay you to be evasive. Others have no right to know about your aims and ambitions.

Aquarius

Jan. 21 - Feb. 19

Today's eclipse warns you need to take care, especially when socializing and traveling. If you do too much there is a danger you could exhaust yourself – and you'll still have all those chores to finish.

Pisces

Feb. 20 - March 20

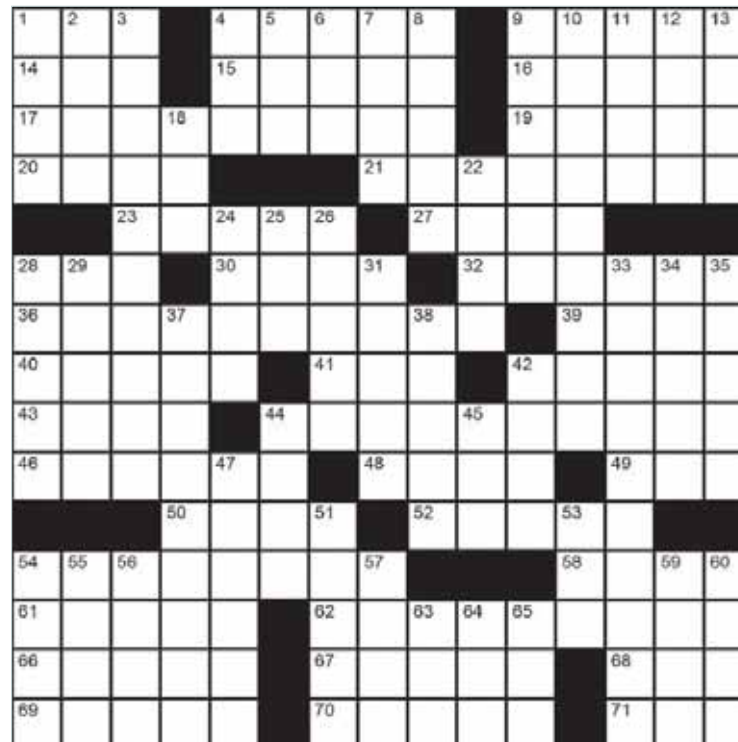
You will be tempted to cut corners in some way today – and that could be a big mistake. Any small gains you make will be wiped out by big losses later on.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Halfway
4. Calendar parts
9. Jostle
14. A little ___ lot
15. Fess up to
16. Less blushful
17. "Out of My Head" band from Hamilton
19. Excludes
20. Less than twice
21. Directions/info giver on roads, highways, etc.
23. Discharge
27. Scolds
28. On holiday from work
30. Sight from a lookout
32. Recreation room amenity: 2 wds.
36. Body of water in Vancouver: 2 wds.
39. 2002-debating coin
40. 'Punny' joke reaction
41. Mr. Mineo
42. ___ Calrissian, Billy Dee Williams in "The Empire Strikes Back" (1980)
43. Ancient Greek coin
44. Named after the American who founded it in 1909, this British department store is owned by Canadian tycoons The Weston Family
46. Skin-related
48. Per ___ (Daily)



49. 'Differ' suffix
50. Norwegian king, variantly
52. Stately
54. "___ Girl" by Neil Young
58. Town that's east of Toronto
61. 'Parliament' suffix

62. Boreal burrower
66. Prefix to 'mony' (Marriage)
67. The blahs
68. W.C.'s co-star
69. Looks
70. Find the sum again
71. Sleuths, e.g.

Down

1. Magic's spell
2. Lady Antebellum's "___ to You"
3. Setting of Madonna's "Vogue": 2 wds.
4. Cryer's sound!
5. Tokyo, once

6. Down Under bird
7. Rock band
8. Writer Gertrude
9. Soppor-upper
10. Posh town on Montreal Island
11. Mixture
12. Checks for accuracy

13. In the past, in poetry
18. Powder ___
22. Look bewilderedly
24. ___-stevens
25. As written
26. Short
28. Meg Tilly movie, "Agnes ___" (1985)
29. "___ it from me to..."
31. English woodland
33. Leap of faith taken by a thrill seeker: 2 wds.
34. Forest of ___ (Setting of Shakespeare's As You Like It)
35. Henhouse
37. B.C. city on Shuswap Lake: 2 wds.
38. Sprite-like
42. Tree's one-of-some
44. Criticize
45. ___ Speedwagon
47. Ms. Morissette
51. Wedding oath taker
53. CNN correspondent, Kyung ___
54. Pics-taking devices
55. Latin hymn: "Dies ___"
56. Evening, informally
57. Not any
59. Juice berry
60. Vintage models of Jags
63. ___ break
64. Stinker
65. "El ___" (1961)

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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40%

Wednesday

13°/-4°
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